



# My Ascension

Greater Mankato Area  
United Way



## SUICIDE PREVENTION EVENT COMMUNITY FILM SCREENING & PANEL DISCUSSION

**Wednesday, October 11**  
**South Central College Auditorium**  
**Doors: 12:30 PM • Film & Panel: 1 - 3 PM**

**FREE**

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A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed but propelled her on a mission to use her painful experience to help others find hope and stay alive. Following the screening of her powerful 90-minute documentary MY ASCENSION, Emma will speak on her experiences as part of a community Q&A panel. Resources and support will be available.

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*If you or someone you know needs help, call the Suicide & Crisis Lifeline at 988  
or text HOME to 741741 for the Crisis Text Line.*